

## **Sheyda Mia Melkonian, Psy.D., PMH-C.**

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### **Education:**

**09/2002- 06/2006**

#### **California School of Professional Psychology**

- Doctor of Psychology (Psy.D)
- Emphasis in Clinical Psychology-  
Individual, Family, and Child

**09/2002- 06/2004**

#### **California School of Professional Psychology**

- Master of Art (M.A.), Clinical Psychology

**09/1999- 06/2002**

#### **University of California, Irvine**

- Bachelor of Art (B.A), Psychology
- Magna Cum Laude
- Phi Beta Kappa

### **Clinical Experience:**

**06/2008 – Present**

#### **Psychologist/ Director (L.A. Psych)**

- Encino, CA
- Individual therapy specializing in **Anxiety, Depression, Perinatal & Postpartum Mental Health, PTSD, Stress Management, and Adjustment Issues.**  
Treatment modality is primarily  
Cognitive-Behavioral and Acceptance &  
Commitment Therapy (ACT) based.

**01/2014- 08/2019**

#### **Associate Professor**

- Los Angeles Valley College
- Learning Skills
- Instructor on record for Learning Skills  
classes designed to help students determine  
their learning styles, gain more insight into  
their personal strengths and weaknesses, and  
tailor their study strategies to optimize their  
ability and speed of learning and retention.

**01/2008- 08/2019**

**Learning Disability Specialist**

- Los Angeles Valley College
- Responsibilities include organizing, coordinating, and implementing the learning disability testing program which is designed to assess whether college students are eligible for accommodations based on the presence of a learning disability as determined by Title 5. Further responsibilities include the training and supervision of doctoral candidates in clinical psychology and coordinating the math tutoring program.

**01/2010 – 01/2014**

**Assistant Professor**

- Los Angeles Valley College
- Learning Skills
- Instructor on record for Learning Skills classes designed to help students determine their learning styles, gain more insight into their personal strengths and weaknesses, and tailor their study strategies to optimize their ability and speed of learning and retention.

**07/2006- 01/2008**

**Staff Therapist**

- Child and Family Center
- Primary Supervisor: Larry Resendez, Psy.D.
- Secondary Supervisor: Deborah Evans, MFT.
- Direct Services include individual and family therapy with children and adults on the Cal-Works program. Primary diagnoses for children include behavioral disorders, ADHD, PDD, and depression and for adults include depression, anxiety, and PTSD. Direct services also include therapy with infants/toddlers and their families with the Watch, Wait, and Wonder paradigm. Direct services with these populations include administration of intake interviews as well as conducting individual, family, and collateral therapy. Indirect services include determination of diagnosis, Department of Mental Health paperwork including therapy goals, progress notes, group supervision, individual consultation, and case presentations.

**09/2005- 06/2006**

**Psychology Intern**

- Los Angeles Child Guidance Clinic
- Primary Supervisor: Isabel Garcia, Ph.D.
- Secondary Supervisor: Wendy Sun, Psy.D.
- Direct services include the administration of intake interviews as outlined by the Department of Mental Health, individual child/adolescent therapy, family therapy, collateral therapy, early intervention (ages 0-5) therapy, classroom assistance in early intervention day treatment program, and community outreach (i.e.: consultation with teachers). Indirect services include diagnosing, Department of Mental Health paperwork including therapy goals, progress notes, group supervision, individual consultation, and case presentations.

**09/2004- 07/2005**

**Psychology Intern**

- Child & Family Center
- Primary Supervisor: Marina Bochkur-Dratver, Psy.D.
- Secondary Supervisor: Lori VanHowten, M.F.T.
- Direct services include the administration of intake interviews as outlined by the Department of Mental Health, family therapy, individual child therapy, collateral therapy, community outreach (i.e. consultation with teachers), and psychological testing (including both cognitive and personality testing). Indirect services include diagnosing, clinical assessments, progress notes, report writing, case presentation, case disposition, group supervision, individual consultation and all Department of Mental Health paperwork.

**10/2002- 08/2005**

**Learning Disability Examiner/Assessor**

- Los Angeles Valley College (L.A.V.C.); Disabled Students Programs and Services (D.S.P.S.)
- Primary Supervisor: Ali R. Ghassemi, Psy.D.
- Direct services include the administration of the intake interview, Academic Attribute

Survey-II (A.A.S), Bender-Gestalt, Rey-O, Wide Range Achievement Test (WRAT), Raven Standard Progressive Matrices (SPM), Nelson- Denny Reading Test (N-D), Degrees of Reading Power (DRP), Wechsler Adult Intelligence Scale (WAIS-III), Woodcock-Johnson Tests of Achievement, and the Woodcock-Johnson Tests of Cognitive Ability. Indirect services include the scoring and interpretation of these tests as well as evaluating whether each student meets the criteria for a learning disability title under the requirements of the California Community College District.

**08/2003- 7/2004**

**Mental Health Practicum Student**

- San Fernando High School- School Based Teen Clinic (Northeast Valley Health Corporation)
- Primary Supervisor: Brian Flame, M.F.T
- Secondary Supervisor: Nancy Flax-Plaza, L.C.S.W
- Direct services include the administration of intake interviews, individual therapy, group therapy, family therapy, and crisis intervention. Indirect services include diagnosing clients, clinical assessments, progress notes, and case presentations.

**07/2000- 02/2003**

**Senior Behavioral Therapist**

- Center for Autism and Related Disorders
- Primary Supervisor: Henry Moore, M.A.
- Direct services included teaching appropriate behaviors to autistic children, preventing and redirecting self-injurious and repetitive/stereotyped behavior, teaching and initiating socialization skills, implementing new drills, and being the liaison between the parents and the case supervisor. Indirect services included maintaining the log/drill book, supervising the junior therapists on each case, and writing quarterly reports for each case.

## **Research Experience:**

**04/2003-7/2003**

### **Research Assistant**

- Supervisor: Ali R. Ghassemi, Psy.D.
- Topic: 'Ability of the WRAT and SPM alone to accurately predict mental retardation'
- Responsibilities include data collection, organization, and interpretation to determine if the SPM and WRAT are accurate predictors of mental retardation based upon the requirements set forth by the California Community College District.

**04/2002- 06/2002**

### **Research Assistant**

- Supervisor: Henry Moore, M.A.
- Topic: 'C.A.R.D. client recovery rate project'
- Responsibilities included the collection and organization of data regarding the rate and level of social skill acquisition achieved and maintained for past C.A.R.D. clients.

**01/2001- 02/2002**

### **Social Skills Leader**

- Supervisors: Ronald Kotkin, Ph.D.; Steve Simpson, M.A.
- Topic: Could ADHD be diagnosed and treated in preschool?
- Responsibilities included teaching a group of 10-15 preschool aged children, with ADHD, appropriate social skills in a relaxed classroom environment one night per week during which their parents were taught behavior modification techniques by the project supervisor(s).

## **Publications:**

**06/2011**

### **Author**

- "Nika Goes to Camp"
- A children's book addressing anxiety in relation to leaving home for the first time. Provides coping strategies and normalizes fears.

12/2004

**Contributing Writer**

- “This Book is Not Required”- Third Edition
- Contributed three different stories of personal experience to the book. The book is a tool to introduce students to the sociological analysis and personal reflection of college life.

**Presentations/ Seminars:**

3/2018, 5/2018, & 2/2019

**Balancing Motherhood and Career: Finding Your Happiness**

- Armenian Relief Society
- Ari Guiragos Minassian Armenian School
- Presentation regarding the challenges that many women face in balancing motherhood and career. Addressed identity conflict, mental health issues, and healthy coping strategies.

2/2013

**ADHD & Learning Disabilities in Children & Adolescents**

- Armenian Relief Society, Lori Chapter
- Presentation geared toward parents in the Armenian community to educate them about ADHD & Learning Disabilities. Discussed identification and treatment options.

10/2011

**Separation Anxiety: Identification, Prevention, and Intervention**

- Homenetmen- Ararat Chapter, Glendale, CA
- Presentation geared toward parents in the Armenian community to help them learn to identify and address the signs and symptoms of separation anxiety.

10/2009 – 4/2010

**Identifying, Preventing, and Addressing Bullying**

- A.G.B.U. Manoogian- Demirdjian School, Canoga Park, CA
- Biweekly seminar geared toward 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> graders regarding defining what bullying is, the various types of bullying, how to intervene when a peer is getting bullied, and how to behave/ what to do if you are a victim of bullying.

**10/2009**

**Bullying, Depression, and ADHD in Children**

- A.G.B.U. Manoogian- Demirdjian School, Canoga Park, CA
- Presentation geared toward teachers regarding how to address the issues of bullying, depression, and ADHD with their students.

**05/2009**

**Addressing the Emotional Needs of Children at Camp**

- AYF Camp, Valyermo, CA
- Presentation geared toward camp counselors regarding how to address the emotional needs of campers and indicators of a cry for help.

**Media Appearances:**

**08/2019**

**Is Gun Violence Our New Normal?**

- Radio interview with a diverse panel on the Dr. G & Engaging Minds show on 790 KABC regarding gun violence and the considerations to keep in mind moving forward in modern society.

**08/2019**

**Anxiety Related to Mass Shootings**

- ABC 7 interview with David Ono and Coleen Sullivan regarding the psychological reasons for and helpful tips to address the heightened anxiety caused by an increase in the occurrence of mass shootings.

**04/2019**

**Postpartum Maternal Mental Health**

- 'Ladies First' TV show interview on Horizon Armenian TV regarding postpartum mental health, preventative measures, and coping strategies.

**06/2014**

**Psychology Behind Bystander Effect**

- ABC 7 interview with Elex Michelson regarding how the bystander effect can influence people's reaction during traumatic situations.

**02/2013**

**Addressing Sexual Behavior with Preschoolers**

- ABC 7 interview with Elex Michelson regarding ways in which to speak with preschool aged children about exposure to sexuality.

**05/2012**

**Healthy Transitions to Summer Camp**

- ABC 7 interview with Health Specialist, Denise Dador, regarding techniques to prepare children for summer camp.

**06/2012**

**Helping Autistic Kids Transition to Summer Camp**

- Horizon Armenian TV/Armenian Autism Outreach Project live panel discussion regarding techniques that can be employed to help children with autism make a healthy transition to summer camp.

**07/2012**

**Psychological Effects of Spanking Children**

- ABC 7 interview with Health Specialist, Denise Dador, regarding the negative psychological effects of spanking children.

**Certifications:**

**01/2019**

**Perinatal Mental Health- Certified (PMH-C)**

- Postpartum Support International

**08/2008**

**Learning Disability Specialist**

- California Community Colleges

**Professional Affiliations:**

**06/2002- 06/2016**

**Phi Beta Kappa**

- Member

**Languages:**

**Armenian and Turkish**

- Speak, read, and write fluently